



Robert E. Bush
Naval Hospital

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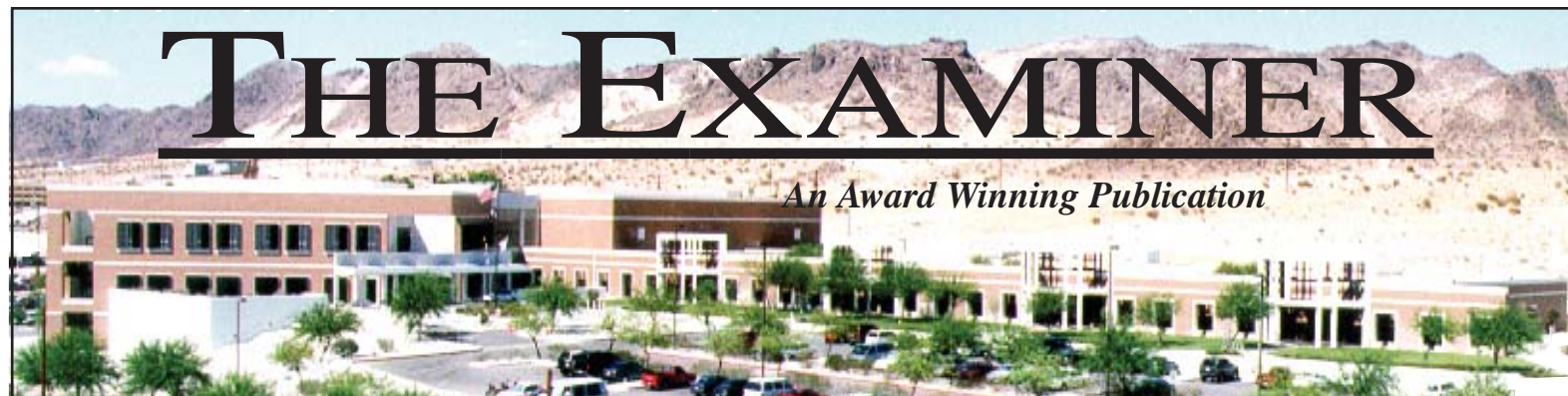
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

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Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

MCAGCC and NHTP Celebrate Navy's 241st Birthday in Las Vegas

Story and photos by Lt. j.g. Qianning Zhang, NHTP Public Affairs

On October 15, 2016, the Marine Corps Air Ground Combat Center and the Robert E. Bush Naval Hospital celebrated the Navy's 241st Birthday at the Paris Las Vegas Hotel and Casino in Las Vegas, Nevada. Guest speakers were Command Master Chief (Ret.) (SW/AW) Kathleen A. Hansen and Chief Electrician's Mate (Ret.) Stu Hedley, a Pearl Harbor survivor.

In his opening remarks, Capt. John A. Lamberton, Commanding Officer, Robert E. Bush Naval Hospital, underscored the significance of intrinsic connections not only among branches, but also between service members and their family members, attributing the Navy's success to "the support of our sister services and our family." Capt. Lamberton narrated the



Participants at the MCAGCC Navy Birthday Ball Oct. 15 enjoyed an elegant evening at the Paris Las Vegas Hotel and Casino.

evolution process from the "old Navy" and the "new Navy" as differentiated by changes in vision. Whereas the old Navy involved "an understanding of what is required to secure our sea and land," the new Navy pioneered a movement to

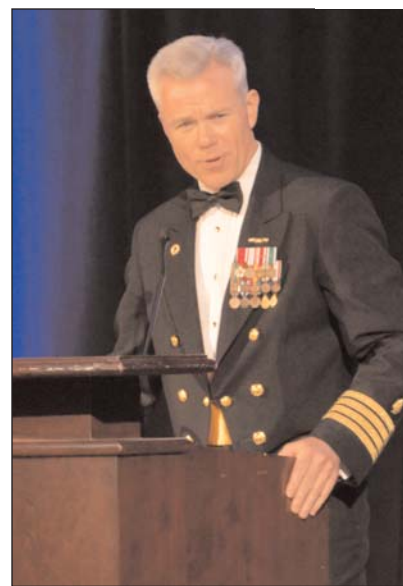
expand and maintain "the presence of freedom that we deliver to foreign lands."

Command Master Chief (Ret.) Kathleen A. Hansen, a native of Midland, Michigan, introduced Chief Electrician's Mate (Ret.) Stu Hedley and described her

camaraderie with Hedley. She expressed gratitude for knowing Hedley, his family, his fellow survivors, and listening to their Pearl Harbor stories. "He is an amazing man and an amazing mentor," Hansen declared. Her expansive connection with a network of Pearl Harbor survivors earned her the title, "Pearl Harbor Survivor Handler." "I am on a mission "to connect civilians, communities, and schools with Pearl Harbor survivors," she noted.

In honor of Navy's 241st birthday, Hedley commenced his speech by conducting an improvised choral performance of "Happy Birthday." As one of the eighteen remaining Pearl Harbor survivors, Hedley paid respects to the 2,468 sailors who paid the ultimate sacrifice during the waves of attack. He

Continued on page 7. Please see "241st Birthday."



Left: Guest speakers included Chief Electrician's Mate (Ret.) Stu Hedley, a Pearl Harbor survivor, and Command Master Chief (Ret.) Kathleen A. Hansen. Middle: Naval Hospital Twentynine Palms Commanding Officer, Capt. John A. Lamberton, addressed the assembled guests, discussing strategic vision and "intrinsic connections." Right: Hospitalman Dennis Roxas sings the National Anthem while the NHTP Color Guard parades the national and Navy ensigns.

Sailor in the Spotlight

Petty Officer Second Class Serrita Coleman



Petty Officer Second Class Serrita Coleman is the Leading Petty Officer for Orthopedics, General Surgery and Chiropractic Services. She was recently recognized as Fourth Quarter Junior Sailor of the Quarter. She's president of the NHTP Second-Class Petty Officer's Association.

Coleman has been in the Navy close to seven years. A native of Chicago, she graduated from high school in Las Vegas where her family relocated. She had been attending college on a basketball and track & field scholarship at San Jose State University when injuries gave her a personal interest in orthopedics. Coleman enlisted in the Navy, attended Corpsman "A" school, and then went on to Orthopedic Cast Room Technician "C" School.

Coleman is currently taking classes through American Military University to finish up

her four-year degree. Her near-future goal includes submitting a package to become a physician's assistant with the end goal, a commission in the Medical Service Corps.

PO2 Coleman's advice for junior Sailors who are trying to excel: "Lean on leading petty officers and chiefs to get their advice. Ask questions," she said. "Leading petty officers and chiefs appreciate junior Sailors who seek out their advice and guidance. They want to see initiative. So don't wait for them to come to you," she advised. Coleman recommends finding a mentor and said she gets career support from Master Chief Petty Officer Jerry Ramey and Lt. Kendra Foreman. Hobbies include working out. "I'm a morning gym person," she said. "I'm up at 4 a.m. to go to the gym and it sets the tone for my day." Coleman also enjoys basketball, lifting weights and running.



PO2 Serrita Coleman leads the NHTP Color Guard (behind U.S. flag) during the Twentynine Palms Pioneer Days Parade Oct. 22. The NHTP Skipper and Command Master Chief are following in red and black trucks.



First Receiver Operations Training (FROT) provides Naval medical personnel an opportunity to practice dressing in their hazardous material (HAZMAT) suits and setting up a decontamination tent while decontaminating a realistic mannequin that in the training scenario could have been exposed to a chemical, biological, radiological or nuclear contaminant. The training is offered twice annually. Top left: The Naval Hospital Twentynine Palms FROT team poses after their timed exercise Oct. 24. Bottom left: The Branch Health Clinic China Lake FROT team poses following their timed exercise. "Members of the staff performed exceptionally well and completed practical decontamination drills within prescribed time limits, Lt. Cmdr. Michael Czigler, Officer in Charge of Branch Health Clinic China Lake, said.



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How to reach us...

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
I am new to the military life, but I am not new to the checklists that accompany the intake paperwork at my doctor's office. Why is it that I am supposed to remember everything about my family and their health? I get that it is important to know my own past medical issues and have them documented, but if I am eating better, exercising

more and in general, living a different lifestyle than everyone else in my family, why should I be judged on their habits?
Signed,
My Own Person

Dear Person,

Not all health issues are caused by lifestyle choices. True, leading a healthy lifestyle with an array of healthy food options and regular exercise along with preventive medical care can decrease your risk for many diseases; but genes also play a role.

Health care experts have known for a long time that heart disease, cancer, diabetes and rare diseases like hemophilia, cystic fibrosis, and sickle cell anemia can run in families. Knowing the illnesses experienced by immediate members of your family will help your provider better predict the health risks

you may face and will assist you in taking preventative action to stay well.

Start the conversation with your family members and educate yourself on any genetically-linked illness that may exist in your family medical history.

For more information on how to access tools to help you create your family health portrait, go to www.hhs.gov.

You can also find information in the NHTP Clinic A reception area and in the pharmacy hallway where NHTP Health Promotions has a display. I encourage you to continue your healthy habits and share the knowledge you have gained for reducing risk with others. Nature and nurture are long-standing partners and deserve our attention. Wishing you and yours good health!
Tanya

All Forms of Tobacco Aren't Created Equal and All are Bad for the Consumer

By Tanya Stuckey

It seems like every city has smoke or vape shops with a large variety of products. Tobacco companies are constantly modifying products to attract users and adhere to changing regulations. There is ongoing controversy as to whether all tobacco products are created equal.

Cigarettes, cigars and cigarillos are among the most common smokable products that span the generations. Cigarettes expose the user to toxic chemicals.

Cigars are made of cured tobacco wrapped in leaf tobacco and according to the FDA can deliver as much as ten times the nicotine, twice as much tar and five times the carbon monoxide as filtered cigarettes. There is not much argument that these products are harmful to both the user and those exposed to second-hand smoke.

Smokeless tobacco and dissolvable products give reprieve to those who are in the vicinity of the user, are more discreet and more likely to be enhanced with flavors. These products however, do not reduce the user's exposure to deadly chemicals and increase risk of oral, stomach and other cancers.

Accidental poisoning is also a risk for children with access to these products. As with the smoked tobacco, most people

acknowledge that there are negative health consequences.

Here is where it gets controversial. Electronic devices such as vape products and water pipes such as hookahs are hailed by many as safer alternatives. What many do not consider is the trade-off of one hazard for another. E-cigarettes use a heat source, usually powered by a battery, to create liquid, usually containing nicotine from tobacco and flavorings, into an aerosol inhaled by the user.

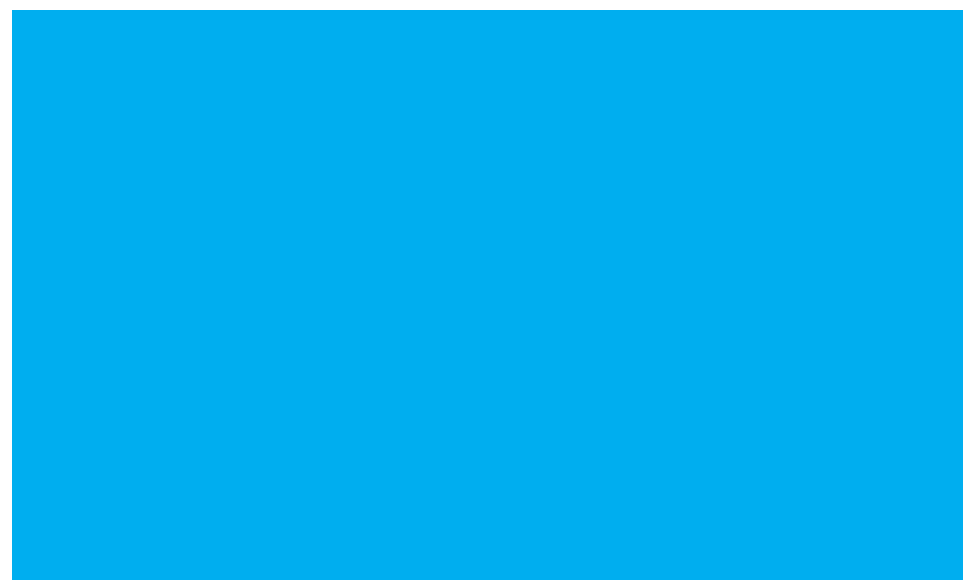
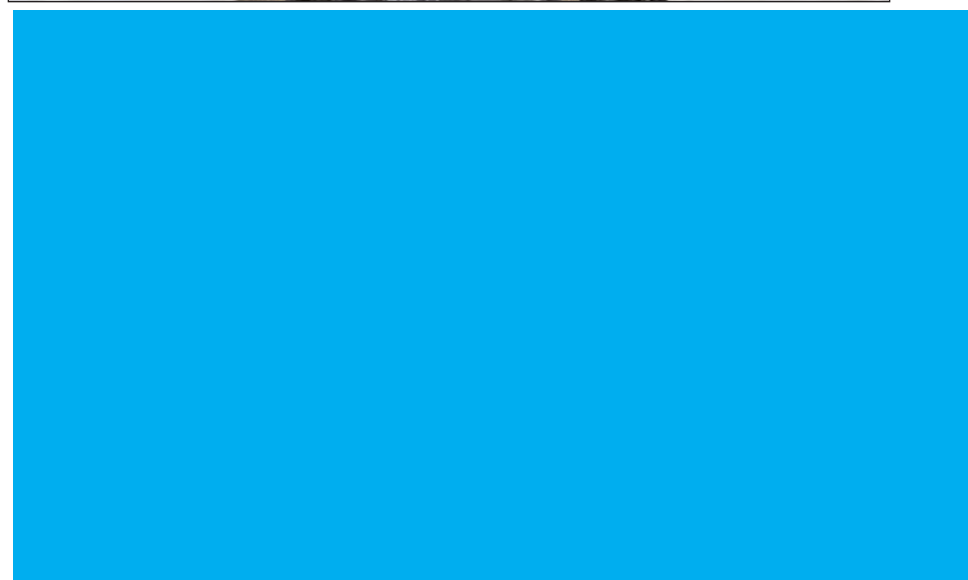
Chemicals that are used to flavor, regardless of nicotine content, are inhaled and the batteries that power such devices have been known to explode or catch fire causing injury. FDA research shows that water pipe smokers may absorb even more of the harmful components found in cigarette smoke because smoking sessions are longer. A typical one-hour hookah session involves inhaling 100 to 200 times the volume of smoke from a single cigarette.

So, as the debate of safer alternatives continues, it is difficult to argue that any tobacco product can be marketed as a supplement to a healthy lifestyle.

For more information on quitting or health risks associated with tobacco use, please call the NHTP Tobacco Cessation Specialist: (760) 830-2814.



Seaman Clayton Echimovich offers an overview of Transcutaneous Bilirubin (TCB) Testing and Subsequent Phototherapy during the Clinical Skills Fair Oct. 13. The Clinical Skills Fair is presented twice quarterly in classrooms 4 and 5.



Awardees...

The following awards were presented during the First Friday Award Ceremony, October 7, 2016. Hospital Commanding Officer (Acting), Capt. Jeffrey W. Bitterman, was the presenting officer.



Mr. Brian Barber is presented with a Federal Length of Service Award in grateful recognition and appreciation for his 20 years of faithful service to the federal government.



Ms. Jenna Lancaster is presented with a Federal Length of Service Award in grateful recognition and appreciation for her five years of faithful service to the federal government.



Hospitalman Ja'leel Barnes is awarded the Navy and Marine Corps Achievement Medal.



Lt. Cmdr. Anthony Biascan is awarded the Navy and Marine Corps Commendation Medal.



Hospital Corpsman First Class Travis Campbell is awarded the Navy and Marine Corps Commendation Medal.



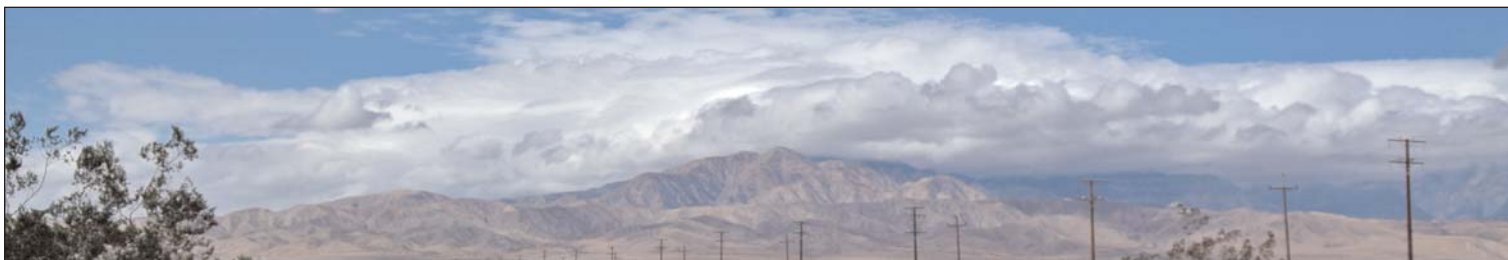
Hospitalman Mitchell Lindgren is presented with a Patient Safety Award.



Petty Officer Third Class Ryan Lorenz is awarded the Navy and Marine Corps Achievement Medal.



Ms. Theresa Partin is presented with a Patient Safety Award.





Lt. Qingyuan Cao is awarded the Navy and Marine Corps Achievement Medal.



Petty Officer Third Class Elizabeth Dyer is awarded the Navy and Marine Corps Achievement Medal.



Ms. Lindsey Keely is presented with a Patient Safety Award.



Lt. Megan Kelly is awarded the Navy and Marine Corps Achievement Medal.



Petty Officer Third Class Austin Prog is awarded the Navy and Marine Corps Achievement Medal (Oct. 6).



Lt. Cmdr. Grigoriy Rozenfeld is awarded the Navy and Marine Corps Achievement Medal.



Mr. David Ryan is presented with a Patient Safety Award.



Petty Officer Third Class John Small is awarded the Navy and Marine Corps Achievement Medal.

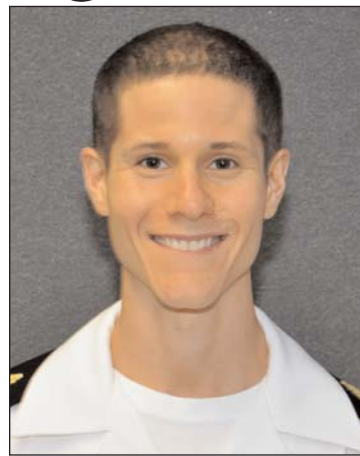


Introducing New Staff -- Welcome Aboard!



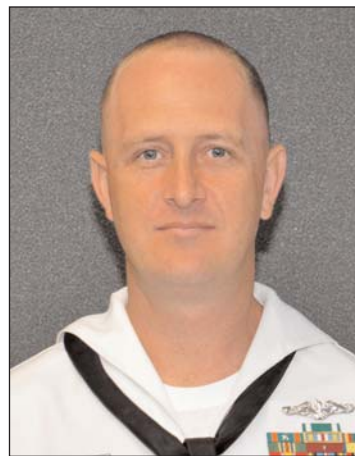
Cmdr. Miguel Gutierrez

Cmdr. Miguel Gutierrez is NHTP's new Chair of the Medical Executive Committee, overseeing patient safety and quality assurance for the hospital. He's arriving from Navy Medical Center San Diego where he was medical director for the Emergency Medical Department and was also the Director for Medical Operations for Pacific Partnership 2016. Hometown is San Diego, California. Cmdr. Gutierrez has been in the Navy 12 years (excluding ROTC and USUHS). He earned his undergrad degree from Duke University and "fell in love with the Navy" while in ROTC. He earned his medical degree from the Uniformed Services University of the Health Sciences. A new-comer to the high desert, Gutierrez is already impressed with "the close community feel that this command has. It's incredible," he said. Hobbies include golf and running. Gutierrez' wife is a civilian ophthalmologist. They have a seven-year-old son and two three-year-old sons.



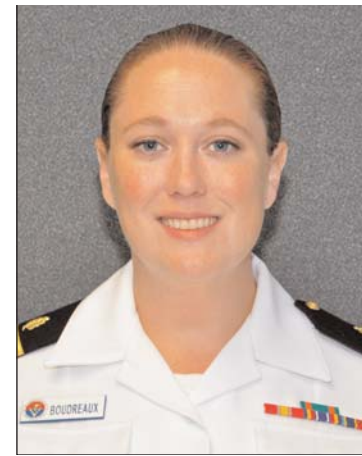
Lt. Michael Kantar

Lt. Michael Kantar is the new department head for Nutrition Management. He arrived from Naval Hospital Okinawa where he was clinical dietician and assistant department head. Prior to commissioning, Lt Kantar spent five years at a Level-2 trauma center as a clinical dietician and certified diabetes educator. He earned his undergrad degree from Penn State University and his Master's degree and registered dietician credential from New York University. He gets satisfaction from helping people control their weight, and recounted an email from a patient who lost 85 pounds, stabilizing at 210. "Helping patients achieve better blood sugar control, lose weight, develop healthier eating habits and lower their medication usage is just tremendously fulfilling," he said. Kantar looks forward to implementing the Go for Green Program in the NHTP Galley. Hometown is Brooklyn, New York. Lt. Kantar loves being active and channels that into cycling and running



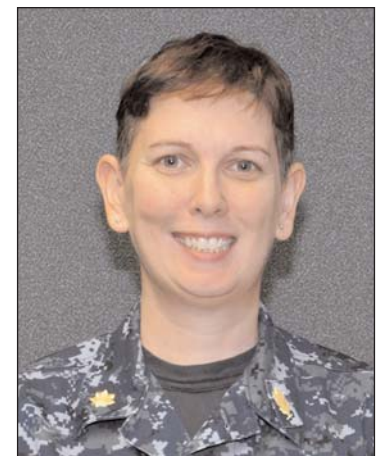
PO1 Travis Campbell

Petty Officer First Class Travis Campbell reported for duty this past July. He arrived from Naval Hospital Bremerton where he was Directorate Leading Petty Officer for Medical Services. At NHTP, he's the LPO for the Emergency Department. Hometown is Pueblo, Colorado. He spent his first 18 months in the Navy as a submariner, working closely with an independent-duty corpsman, which led him to apply for Corpsman "A" School. A family vacation home in Indio gave him some familiarity with the area. "I knew the Marine Corps base was here, but I had never considered being stationed here," he said. Hobbies involve kid's sports. "That's pretty much my life outside of work." A respiratory technician, 10 of his 16 years in the Navy were at Bremerton. Washington state is where his heart is and he plans to return. Eventually, he said, he plans to turn his two-year degree in applied sciences into a four-year degree in healthcare administration.



Lt. Amanda Boudreaux

Lt. Amanda Boudreaux is the Public Health Directorate's new audiology department head. She arrived this past August from Naval Hospital Sigonella where she and one corpsman comprised the entire audiology team. Hometown is Longbeach, Mississippi. Her dad was a seabee who retired out of Gulfport. She earned both her undergrad and clinical doctorate audiology degrees from the University of Southern Mississippi. Initially, Boudreaux was interested in speech pathology but focused on audiology as she learned more about the field. She hadn't previously visited the California high desert and was pleasantly surprised to find the landscape and climate similar to Sicily. Boudreaux and her husband (and their two dogs, a Sicilian mutt and a mini-schnauzer-chihuahua mix) found a home in Yucca Valley. Hobbies include roller derby, which she describes as "controlled chaos." More domestic pursuits include baking (blood-orange cupcakes!) and crocheting.



Lt. Cmdr. Tara Dariano

Lt. Cmdr. Tara Dariano arrived from Naval Hospital Rota, Spain, as department head for Physical Therapy. She held the same position in Rota. She's been in the Navy five years. She worked in the civilian sector, but decided the Navy was a better fit. Military medicine, she said, has greater appreciation and use for her skills than in civilian-managed healthcare. Hometown is Eastchester, New York. She earned her Bachelor's degree from Syracuse University and her PhD. in physical therapy from Widener University (outside of Philadelphia). She was attracted to physical therapy for the changes she can affect in people's lives. "We don't save lives, but we change them," she said. Dariano was attracted to the Navy from a family tradition of military service. She's close to attaining her board certification in sports medicine. She and her wife have found a home in Twentynine Palms. Hobbies include ice hockey, enjoying the outdoors and movies at home.

narrated his experiences and those of his shipmates with vivid descriptions including the approximate body count, coping mechanisms, dialogues, injuries, ships involved, and weapons that facilitated damage. These stories were selected not only to discuss the effects of Pearl Harbor, but also to connect with young sailors, whom he entrusts with tasks to “honor heritage, connect sailors, and embrace change.” Amidst dangers, Hedley upheld an optimistic view, imparting the audience with words of wisdom, “If you learn to love one another, you will not fight one another.”

Petty Officer First Class Joshua Lukacovic, Leading Petty Officer for the Directorate of Nursing Services, was the Treasurer of the Navy Ball Committee. “Our strong, diverse committee and guest speakers’ enthusiasm to attend the ball helped the planning process,” Lukacovic said. He noted Command Master Chief (Ret.) Hansen’s dedication and service to Pearl Harbor survivors as instrumental to the event’s success. “She was delighted to come. She’s a big player with Pearl Harbor survivors, so she had connections,” Lukacovic said.

Lt. Rachel Smith, NHTP Department Head of Nutrition Management, attended the Ball with her mother, Christa, and her fiancée, Sam. “This was the first Navy Ball I ever attended. I had fun,” Smith said, referencing the speeches and the atmosphere of the venue.

Diabetes Wellness Fair

November is Diabetes Awareness Month. All interested personnel and eligible family members should visit the education and screening fair on how to know if you are at risk for diabetes (or pre-diabetes); and if you have diabetes, how better to control it. The fair will be held in NHTP Clinic A from 8 a.m. to 12 p.m., Nov. 16. This fair is brought to you by the NHTP Clinical Nutrition Department. For more information, contact Ms. Sue Eikenbary, (760) 830-2274, or email her at: susan.j.eikenbary.civ@mail.mil

Hail and Farewell!

New personnel:

- Lt Cmdr. Elomina, Edessa - Gold Team
- Petty Officer First Class Butts, Jeremy - SEAT
- Petty Officer Third Class Howley, Brandon - PAD
- Petty Officer Third Class Martinez, Steven - SEAT
- Petty Officer Third Class Winsor, Anthony - Pharmacy
- Seaman Sailors, Thomas - Seat
- Lt. Kantar, Michael - Nutrition Dept.
- Lt j.g. Yoder, Joshua - EMD
- Petty Officer Third Class Yeoman, Alexandria - SEAT
- Seaman Apprentice Evangelista, Kyle - SEAT
- Seaman Alvarez, Jacob - SEAT
- Seaman Cirillo, Brandon - SEAT
- Seaman Fernandez, Erika - SEAT
- Seaman Dueans, John - LAB
- Cmdr. Gutierrez, Miguel - EMD
- Petty Officer Third Class Martinez, Hugo - Galley
- Seaman Williams, Charjustice - Galley

Departing personnel:

- Petty Officer Third Class Winsor, Anthony (Transfer) - Pharmacy
- Seaman Barnes, Jaleel (Transfer) - AMCC
- Seaman Mendoza, Benjamin (Transfer) - MIND
- Petty Officer Third Class Escobar, Kelvin - PCS
- Seaman Sutton, Alexzander - Separation
- Seaman Felan, Alejandro - PCS



Chief Miguel Mata reenlisted Oct. 7 for three more years. Chief Mata, from La Puente, California, has been in the Navy 20 years, the last two at NHTP. He is the Senior Enlisted Leader for the Department of Nursing Services. Reenlisting officer is Lt. j.g. Michelle Zablan.



Petty Officer First Class Raymond Wahl reenlisted for six more years Oct. 13. Wahl, originally from Tonawanda, New York, is the Leading Petty Officer for the Directorate of Surgical Services. He’s been in the Navy 14 years. Upon retirement, Wahl would like to own a horse ranch in Montana. Reenlisting officer is Cmdr. Susan Antle. (Photo by Lt. j.g. Qianning Zhang)



Petty Officer Third Class Andrea Wilmot reenlisted Oct. 12 for three more years. PO3 Wilmot, from Conroe, Texas, has been in the Navy almost five years, the previous two at NHTP. She is Leading Petty Officer, Supply, for the Maternal Infant Nursing Department. Reenlisting officer is Lt. j.g. April Currie.



The Naval Hospital Twentynine Palms Medical Service Corps Association, and family members, held its morale-building activity at the MCCS 29 Palms Sandy Hill Bowling Center Oct. 13. The MSC Association meets monthly for lunch and encourages family participation with Joshua Tree National Park hikes and bowling outings.

Below: NHTP Triad poses with Halloween celebrants during the highly successful NHTP MWR Halloween Party Oct. 27.



